

# SAHAJAYOGA MEDITATION

Achieve True Peace Within



*True Yoga is our union with the all pervading power. Sahaja Yoga Meditation provides this connection through Self Realisation and Kundalini awakening.*

## UNITED NATIONS INTERNATIONAL DAY OF YOGA

*Please join us at this free meditation event to experience true Yoga*

**Saturday 25th June**

**3.00 - 5.30pm**

**Footscray Community Arts Centre  
45 Moreland St, Footscray**

Contact **0421 194 651**

**For other events around Australia**

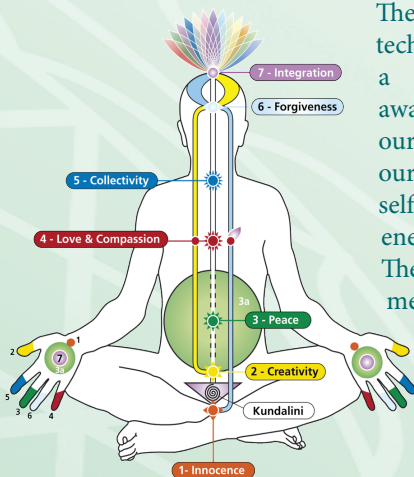
**Go to:**

**[www.freemeditation.com.au/yoga](http://www.freemeditation.com.au/yoga)**

*Free of Cost*

# SAHAJAYOGA MEDITATION

Achieve True Peace Within



*The Spiritual Subtle System*

The *Sahaja Yoga Meditation* technique brings about a state of thoughtless awareness that quietsens our mind and establishes our connection to the inner self and the all-pervading energy.

The word Yoga traditionally means union with the all-pervading energy. In the past, exercises associated with modern day physical yoga were used to attain this meditation state.

Today, this meditation state is easily achieved through a process called Self-Realisation and Kundalini awakening which frees us of stress and enables us to enjoy the present moment. In 1970, Shri Mataji founded this meditation which can improve our physical, emotional, mental and spiritual well-being.

- Suitable for complete beginners and regular meditators.
- No physical exercises, postures or special clothing required.
- Chairs are provided.
- No booking required.
- Free follow-up classes available.

## Free of Cost

*"It's absolutely freely coming to you. So you cannot pay for it.  
It's Love, and Love you cannot purchase."*

Shri Mataji – founder of Sahaja Yoga Meditation

[www.freemeditation.com.au](http://www.freemeditation.com.au)

CELEBRATING 35 YEARS OF  
SAHAJA YOGA MEDITATION IN AUSTRALIA